

## WHAT IS CLAIMED IS:

### 1. An adjustable dumbbell comprising:

a weight carrier pan having a plurality of insertion slots symmetrically disposed on the inside at two ends thereof;

a plurality of flat weights capably received in the insertion slots of said weight carrier pan, said weights each having a center through hole;

a support bar unit adapted to selectively hold said weights for exercising, said support bar unit having two bearing plates disposed in parallel, a center sleeve connected between said bearing plates, and two suspension racks respectively fixedly fastened to said bearing plates at an outer side, said suspension racks each having a plurality of insertion slots for the positioning of said weights respectively; and

a selector installed in said support bar unit and controlled to selectively secure said weights to said support bar unit for exercising, said selector having two rod members mounted in said center sleeve of said support bar unit, and an adjusting mechanism controlled to move said rod members axially in and out of two distal ends of said center sleeve, thereby enabling said rod members to be selectively inserted into the center holes of said weights to selectively secure said weights to said support bar unit.

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2. The adjustable dumbbell as claimed in claim 1, wherein said suspension racks are shaped like a cap, each having an opening facing downwards and symmetrical pairs of partition plates respectively fixedly provided at two sides, said partition plates defining with the periphery of the respective suspension rack said insertion slots of the suspension rack.

3. The adjustable dumbbell as claimed in claim 1, wherein said suspension racks are shaped like a substantially inverted U-shaped frame bar respectively fixedly fastened to said bearing plates at an outer side, each having a plurality of partition plates symmetrically disposed at two sides and defining said insertion slots of the suspension rack.

4. The adjustable dumbbell as claimed in claim 1, wherein said weight carrier pan is provided with a plurality of partition plates symmetrically disposed at two sides and defining said insertion slots of the weight carrier pan.